

**AMENDMENTS TO THE CLAIMS*****Listing of Claims:***

- 1-22. (Canceled)
23. A method comprising using p-menthane-3,8-diol (PMD) to destroy, inactivate, or inhibit growth or reproduction of a virus.
24. The method of claim 23 wherein the PMD is present in a composition optionally comprising a carrier.
25. The method of claim 24 wherein the amount of PMD in the composition is at least 0.25% w/v.
26. The method of claim 24 wherein the composition is a spray.
27. The method of claim 26 wherein the spray is formulated for nasal administration.
28. The method of claim 24 wherein the composition is a pharmaceutical composition or medicament.
29. The method of claim 28 wherein the pharmaceutical composition or medicament is used in vitro.
30. The method of claim 28 wherein the pharmaceutical composition or medicament is used in vivo.
31. The method of claim 23 wherein the use is in non-therapeutic, non-surgical or non-diagnostic applications.
32. The method of claim 23 wherein the virus has a lipid envelope.
33. The method of claim 23 wherein the virus causes influenza.
34. The method of claim 23 wherein the virus is A/Sydney/5/97.

35. The method of claim 23 wherein the virus causes Urbani Severe Acute Respiratory Syndrome (Urbani SARS).
36. The method of claim 23 wherein the virus is Herpes Simplex virus type-1 (HSV-1).
37. The method of claim 23 wherein the PMD is a crude or purified natural product or is a synthetic product.
38. The method of claim 23 wherein the PMD is provided in the form of PMD-rich extract derived from lemon eucalyptus.
39. The method of claim 23 wherein the using further comprises applying the PMD to a surface to destroy, inactivate, or inhibit growth or reproduction of the virus on the surface.
40. The method of claim 23 wherein the using further comprises applying the PMD to a face mask to destroy, inactivate, or inhibit growth or reproduction of the virus in contact with the face mask.
41. The method of claim 40 wherein the face mask comprises a replaceable filter, wherein the filter contains PMD.
42. The method of claim 23 wherein the using further comprises adding or applying PMD to a sanitizing spray, sanitizing liquid, pre-wetted wipe, detergent, cleaner, cream, conditioner, hand gel, topical composition, toiletry, lotion, liniment, oil, ointment, cloth, article of clothing, molded article, countertop or work surface, building material or surface, equipment component or surface, or furniture component or surface.